



An Introduction to Indiana's Medicaid Waiver Program for Home and Community Based Services



What are Medicaid waivers?

- ◆ Medicaid waivers allow Medicaid to fund supports and services for children and adults with disabilities in their own homes or residential neighborhoods instead of institutions.
- ◆ Medicaid waivers allow an individual to use traditional Medicaid services AND the additional services available under a waiver.

Indiana offers five Medicaid waivers:

- ◆ Developmental Disabilities
- ◆ Autism
- ◆ Support Services
- ◆ Aged and Disabled
- ◆ Traumatic Brain Injury

What services are covered?

- ◆ Different services are covered by different Medicaid waivers. *Some* services that *may* be covered include: respite care, therapies, pre-vocational services, employment supports, adult day services, behavior supports, supports to participate in the community, supports to families or an individual to live at home, family and caregiver training, transportation.

How do you qualify?

- ◆ You must meet Indiana's Medicaid disability and financial eligibility requirements.
- ◆ Your family income and assets are NOT counted to determine eligibility for children under 18; however, assets or income in the child's name ARE counted. For those older than 18, only the individual's income and assets are counted.
- ◆ You must require the type of care that ordinarily would be provided in a Medicaid-funded facility, such as a nursing home, large residential facility or group home.
- ◆ You can apply – and qualify for – more than one waiver. For example, if you are eligible for the Autism or Developmental Disabilities waivers, you will also be eligible for the Support Services waiver.

Where do you apply?

- ◆ Autism, Developmental Disabilities and Support Services
Obtain the number for your local Bureau of Developmental Disability Services (BDDS) office by calling 800-545-7763.
- ◆ Aged and Disabled and Traumatic Brain Injury
Obtain the number for your local Area Agency on Aging by calling 800-986-3505.
- ◆ If you need assistance in completing the application, contact The Arc at 317-977-2375 or 800-382-9100.

for Home and Community Based Services

How long will you have to wait for services?

- ◆ There are waiting lists for all Medicaid waivers. The length of time that you may have to wait varies depending on the type of waiver(s) you are applying for and the availability of state and federal funds. When you apply, ask what the current status of the waiting list is and when you may expect to come off the waiting list.



If you are eligible, should you apply now?

- ◆ Yes! Even if you do not need services now, you may need them by the time you come off the waiting list.

Are there any exceptions to the waiting list?

In limited circumstances, individuals who meet specific criteria may be eligible to receive Medicaid waiver services sooner than others, based on the availability of state and federal funds. This includes:

- ◆ Individuals whose caregivers are age 80 or older
- ◆ Individuals who have lost their primary caregiver due to death, long term institutionalization, incapacitation or incarceration
- ◆ Young adults who have “aged out” of residential or group home settings funded by DOE, DFC or Medicaid
- ◆ Special Education students who are leaving or who have left high school, ages 18-24 (SS waiver)

Is it important to keep in touch with BDDS and/or the Area Agency on Aging where I applied?

- ◆ Yes! It is very important to maintain contact with the BDDS and/or Area Agency on Aging office where you applied for Medicaid waiver services. Make a note on your calendar to call every year on the date that you applied. If you do not contact them, you may be removed from the waiting list. If your address or other contact information changes, it is critical that you call to keep your information up-to-date.

What other supports are available to people with disabilities?

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| ◆ Medicaid | ◆ Vocational Rehabilitation |
| ◆ Health Insurance/Medical Supports | ◆ Supplemental Security Income (SSI) |
| ◆ Caregiver Support | ◆ Medicaid funded group homes |
| ◆ First Steps | ◆ Natural Supports and Community Programs |
| ◆ Early Childhood Education | |

Developmental Disabilities, Autism & Support Services Waivers

(ICF/MR Level of Care)

Eligibility: Must meet ICF/MR level of care for all three waivers. (An ICF/MR is a facility specifically licensed to care for people with an intellectual or developmental disabilities. In Indiana, group homes for 6-8 people may be licensed as an ICF/MR. Large facilities for 15 or more people may also be licensed as an ICF/MR.) Autism Waiver requires an ASD diagnosis. The personal income and resources of an adult or child (under 18) receiving waiver services ARE considered in determining financial eligibility. Parental income and resources for children under 18 are NOT considered. Medicaid financial eligibility is based on 300% of maximum SSI amount (\$674/month as of January 2011). Support Services Waiver allocation limited to \$13,500.

DD & Autism Waiver (examples)

- Supported Employment
- Community Habilitation
- Residential Habilitation
- Respite
- Behavioral Support
- Therapies
- Adult Day Services

Support Services Waiver (examples)

- Supported Employment
- Community Habilitation
- Respite
- Behavioral Support
- Therapies
- Adult Day Services

Aged & Disabled and Traumatic Brain Injury Waivers

(Nursing Facility Level of Care)

Eligibility: Must meet nursing facility level of care for both waivers. The income and resources of an adult or child (under 18) receiving waiver services ARE considered in determining financial eligibility. Parental income and resources for children under 18 is NOT considered. Medicaid financial eligibility is based upon 300% of the SSI maximum for A & D waiver and 150% of the SSI maximum for TBI waiver. SSI maximum for January 2011 equals \$674.

Aged & Disabled Waiver Services (examples)

- Adult Day Services
- Attendant Care
- Assisted Living
- Case Management
- Homemaker Services
- Nutritional Supplements
- Respite
- Transportation

Traumatic Brain Injury Services (examples)

- Adult Day Services
- Attendant Care
- Behavior Management
- Residential Habilitation
- Respite
- Supported Employment
- Transportation
- Therapies

State and Federal Agencies

Family and Social Services Administration, (FSSA) www.in.gov/fssa

Division of Disability & Rehabilitative
Services, (DDRS)
800-545-7763

Bureau of Developmental Disabilities
Services (BDDS)
800-545-7763

Vocational Rehabilitation Services
(VRS)
800-545-7763

Division of Aging
888-673-0002

First Steps (Early Intervention 0-3)
www.firststeps.in.gov
800-441-STEP (800-441-7837)

State Department of Education (Early
Childhood and Special Education)
www.doe.in.gov
317-232-6610

Indiana Protection and Advocacy Services (P&A)
www.in.gov/ipas
800-622-4845

Social Security Administration
www.socialsecurity.gov/disability
800-772-1213



Health Insurance/Medical Supports



Medicaid
www.in.gov/fssa/2408.htm
800-457-8283

Children's Special Health Care
Services (CSHCS)
www.in.gov/isdh/19613.htm
800-475-1355

CHOICE / State funded home and
community based supports
www.in.gov/fssa/da/3508.htm
888-673-0002

Healthy Indiana Plan
www.in.gov/fssa/hip
877-438-4479

Indiana Comprehensive Health Insurance
Association (ICHIA)
www.onlinehealthplan.com
800-552-7921

WIC
www.in.gov/isdh/19691.htm
800-522-0874

Advocacy Groups & Disability Organizations

The Arc of Indiana
www.arcind.org
800-382-9100

Self Advocates of Indiana
800-382-9100

About Special Kids
www.aboutspecialkids.org
800-964-4746

Autism Society Indiana
www.autism-society.org
800-609-8449

Best Buddies
www.bestbuddiesindiana.org
317-436-8440

Down Syndrome Indiana
www.dsindiana.org
888-989-9255

Family Voices
fvindiana.blogspot.com

Governor's Council for People with Disabilities
www.in.gov/gpcpd
317-232-7770

INARF
www.inarf.org
317-634-4957

Indiana Institute on Disability & Community
www.iidc.indiana.edu
812-855-6508

Indiana Special Olympics
www.specialolympics.org
800-700-8585

INSOURCE
www.insource.org
800-332-4433

United Cerebral Palsy
www.ucpaindy.org
317-632-3561

Natural Supports and Community Connections

In addition to applying for government funded services, including applying to be on the Medicaid waiver waiting list, it is also important to explore what is available in your community that may provide help and supports – what are often called, “natural supports.”

So what are natural supports? Natural supports are the relationships that occur in everyday life. Natural supports usually involve family members, friends, co-workers, neighbors and acquaintances. Individuals with intellectual and developmental disabilities often need help in developing these connections, but once they do these “natural systems of support” become an important part of their life in the community.

For example, being involved in a YMCA swimming program, community center arts class, or worship services may lead to friendships and connections that last far beyond the actual event. Overtime, these connections can help an individual build a strong community network and support system.

Some ways to build natural supports include:

- **Participate** in community activities and projects - *Help out on a “Clean City Day” collecting recyclables. Join in “A Day of Caring” where groups help out in projects throughout the town or city.*
- **Join** groups and clubs - *Check out groups for people with disabilities such as Special Olympics and Best Buddies, as well as groups and clubs open to people of all abilities in your community. If you are in school, get involved in extracurricular clubs and youth groups like boy scouts or girl scouts, sign up for summer camps.*
- **Socialize** with family and neighbors.
- **Explore** work opportunities - *Think about what you like to do. Visit work sites where people do things that interest you. Find out if you can work as an intern or volunteer to see if you like that kind of work.*
- **Attend** church and faith based activities outside of traditional worship services.
- **Volunteer** - *Love animals? Volunteer at the Humane Society. Like to help others? Volunteer at a food pantry. Like sports? Volunteer at a Boys & Girls Club.*

Get Started!

Natural Supports in Your Community

(SAI) Self Advocates of Indiana

www.arcind.org

click on “Self Advocates”

Special Olympics Indiana

www.soindiana.org

Best Buddies

www.bestbuddiesindiana.org

AKtion Clubs

www.aktionclub.org

Local Support Groups

School Clubs

Extracurricular Activities

Summer Camps

Innovative College Programs

www.thinkcollegeindiana.org

Faith-based Organizations

Community Centers

Parks and Recreation Programs

YMCA

Boys and Girls Clubs

Volunteer Organizations

Human Society, Food Pantries, Recycling Programs, etc

Libraries

Museums

4H/Purdue Extension

Service Organizations

Elks, Lions, Rotary, Kiwanis, Sertoma

How can you help others strengthen their natural supports?

- Listen carefully and help individuals discover and express their interests and talents.
- Learn more about activities individuals are already involved in and explore ways connections can be strengthened.
- Make a list of community resources that fit the individual’s interests.
- Help individuals explore their communities to find activities and resources that fit their interests.
- Encourage and help individuals attend social or community activities.
- Ask others for ideas and help.



Achieve with us.

The Arc of Indiana was established in 1956 by parents of children with intellectual and developmental disabilities who joined together to build a better and more accepting world for their children. We are affiliated with The Arc of the United States and are proud to work with our local Arc chapters throughout the state.

Our Programs and Services

Public Policy Advocacy

Through volunteers and staff, The Arc has a full-time presence at the Indiana State House, and as an affiliate of The Arc of the United States, in the halls of Congress.

The Arc Master Trust

The nation's premier special needs trust, The Arc Master Trust serves Hoosiers of all disabilities.

The Arc Network

The Arc Network helps connect families and people with I/DD to information and resources on employment, community resources/natural supports, self-advocacy, state and federal programs, and housemates for people in residential programs.

Family and Caregiver Training

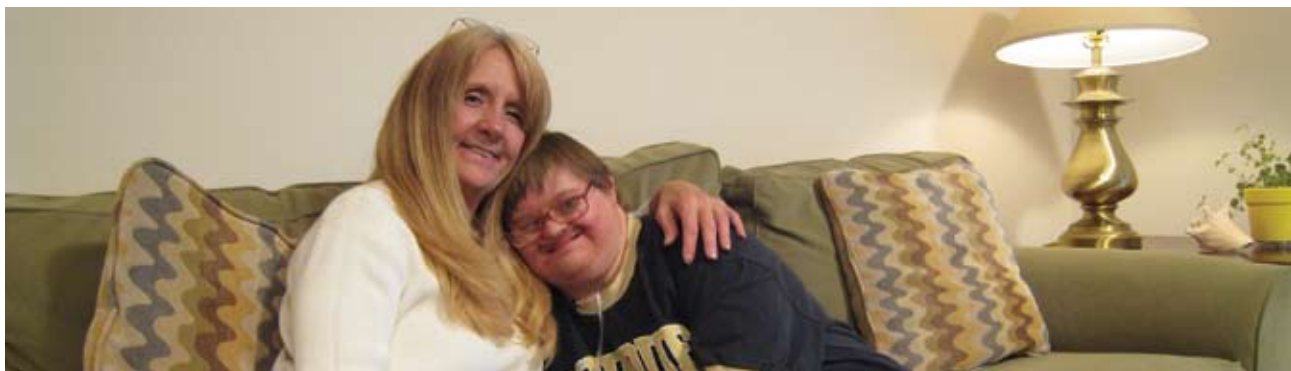
Our Family and Caregiver Training Program allows The Arc to pay the upfront cost of approved training for individuals and families receiving services through Medicaid waivers.

COVOH Collaborative Work Lab

The COVOH Collaborative Work Lab is a state-of-the-art, computer-supported meeting space that allows users to share ideas via linked computers to reach group goals.

Membership

When you are a member of The Arc you belong to and support a respected local, state and national association committed to people with intellectual and developmental disabilities and their families.



We're Here to Help

- Call: 800-382-9100 or 317-977-2375
- Visit The Arc of Indiana at: www.arcind.org

You will find information in "Help for Families" and the "Media Gallery"